



## Greetings from the Herb Lady:

It has been quite a while since I wrote about my herbs, but am very happy to share them with you. In this issue of the Grapevine, I am going to tell you about “Burdock”.

Natural healers revere this herb as nature’s best *blood purifier*, that is, they believe that it rids the body of dangerous toxins.

Ancient herbalists used burdock to treat snake bites. To this day, many herbalist recommend this herb for its diuretic action.

This herb can be used in two ways: internally and externally.

When taken internally it increases the flow of urine and promotes sweating.

When used externally, it can be helpful for the soreness and swelling caused by arthritis, rheumatism, sciatica, gout, ulcers, and lumbago. It is also considered a major natural treatment for skin problems such as eczema, psoriasis, and even canker sores. Burdock is also soothing for hemorrhoids.

What a versatile herb!

How to use it:

1. I can be purchased in pill or liquid form:
  - a. take up to 3 capsules daily
  - b. mix 10 to 25 drops of extract in liquid daily
  - c. 1 tablespoon of burdock in a tea ball and place in 1 cup of boiling water – steep mixture 5-10 minutes – remove tea ball – can be sweeten with honey
2. Apply locally to inflamed area as needed



**Personal Advice: Are there any side effects or interactions?** Burdock root contains approximately 50% inulin, a fiber widely distributed in fruits, vegetables and plants. Inulin is classified as a food ingredient (not as an additive) and is considered to be safe to eat. In fact, inulin is a significant part of the daily diet of most of the world’s population. However, there is a report of a 39-year-old man having a life-threatening allergic reaction after consuming high amounts of inulin from multiple sources. Allergy to inulin in this individual was confirmed by laboratory tests. Such sensitivities are exceedingly rare. Moreover, this man did not take burdock. Nevertheless, people with a confirmed sensitivity to inulin should avoid burdock.

Thank you for letting me share my herbs with you. For the next issue of the Grapevine, I will be sharing with you information about “*Feverfew*”.

Aunt Marie Cross, “The Mecosta Herb Lady”